



**Oh so sweet**  
Comedian  
Sugar Sammy gets  
plenty of laughs.  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



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St Jacob's  
Market is  
fresh obsessed.  
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MONDAY, NOVEMBER 3, 2008

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

40TH YEAR — NO. 22

## Land purchase first step in expansion

By SARAH BOYCHUK

The 40th year of Conestoga College has been met with a case of middle-age spread, and Andre Beaudry, vice-president of development and alumni, couldn't be happier.

In a move that Beaudry described as a "very exciting time in Conestoga's history," the college officially took ownership of 131 acres of land in Cambridge on Oct. 22, with the intent to use the space for a new school of engineering technology.

Plans for the new campus, which will be visible from Highway 401, include over 200,000 square feet of learning and research space.

After Phase 1 of construction is completed, expected to be by 2011, the new campus will be able to accommodate approximately 3,000 new students, which will free up 30,000 square feet of space at the Doon campus. Subsequent phases of development will allow for the construction of 800,000 additional square feet of learning space to accommodate another 11,000 students.

The new development reflects Conestoga's rapidly increasing enrolment and a mutually beneficial relationship with the tri-city area. Doug Craig, mayor of Cambridge, said of the new campus that "we recognize the importance of Conestoga's

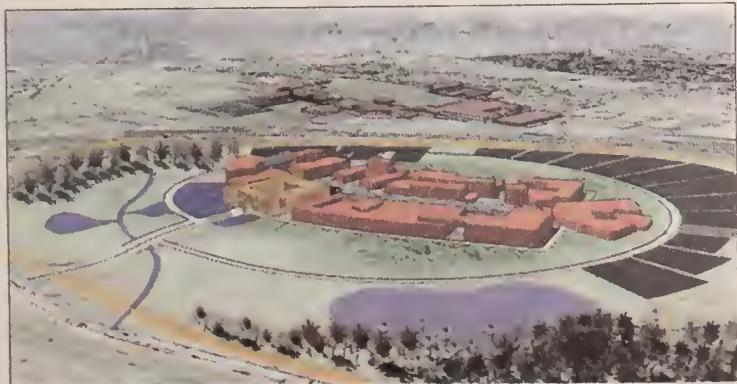
contribution to the region and beyond. Our goal was to help facilitate the process to build upon the educational opportunities for the community."

Beaudry attributes the growing student population to the college's "highly regarded" reputation and the variety of new programs being made available.

Currently, Conestoga is the province's fastest-growing public college, with a population of 55,000 full-time and part-time students and a first-year enrolment that has increased by approximately 50 per cent over the past three years.

Though Beaudry does not expect the college's diverse population of students to drastically change, the plans allow for significant growth in health sciences with the creation of 18 new programs in that school. Beaudry applauds Conestoga for being "very innovative" and "expanding in a very responsive way" to employment demands within the area.

In a joint press release issued by Conestoga and the City of Cambridge, Conestoga president John Tibbits said that the college is "extremely pleased with this important step in establishing the new campus" and looks forward to "realizing the joint vision of the City of Cambridge and Conestoga."



**C** CONESTOGA  
Connect, Learn and Inspire  
CONESTOGA COLLEGE - CAMBRIDGE CAMPUS  
SITE PLAN - SOUTH EAST VIEW

Conestoga's long-term goal for the new Cambridge campus is to have one million square feet of facilities. The first phase is expected to be completed by 2011. In the conceptual drawing above, you can see the Doon campus in the background.

## TOO HOT TO HANDLE EVEN FOR A PYROMANIAC



PHOTO BY MANDI CARTWRIGHT

Stevie Starr wowed Conestoga students in the Sanctuary on Oct. 20 by lighting his hand on fire after blowing out butane that he had swallowed. For full story, see Page 10.

## Producing 519online is baptism by fire

By KEVIN O'BRIEN

It's the morning after the Canadian federal election and videographer Matt Carey is running on almost no sleep. His cameraman, Michael Malko, also looks like he'd rather be in bed instead of in front of a computer, uploading footage at 9 a.m.

Carey and Malko's coverage of the election involved a confusing dash between two different campaign headquarters, trying to figure out which candidate in the Kitchener-Waterloo riding had won. They scrapped a premature acceptance speech by Liberal incumbent Andrew Telegdi, quickly caught Conservative candidate Peter Braid's acceptance speech, and filmed interviews and stand-ups live on location.

As they began to drive home, Carey thought something wasn't right.

"Is your car breaking down?" he asked Malko. It was, and by the time they were rescued

and at home, it was 4:30 a.m.

Their colleagues enter the room lugging cameras, rubbing their eyes and joking that they never want to have to cover an election again. As they swap stories about their respective election coverage, it's hard to believe that this is a class at Conestoga College and not an office at the CBC.

These are the students involved in the production of 519online.com, a weekly Internet newscast produced by the videography-broadcast journalism/documentary program at Conestoga.

Described as the region's first online newscast shot exclusively in high definition video, 519online is hosted on Conestoga's website.

The students in the program are responsible for each step toward the final product, the webcast. They rotate positions such as anchor, technical producer and news producer weekly, ensuring that they gain experience in every aspect

of videography.

"They're doing it all themselves," program co-ordinator Steve Parr says. "They set up the interviews, take out the cameras, do the interviews, edit it and put it up on the web."

This experiential approach to 519online is designed to give the students real world knowledge of a possible future career.

"We want them operating as a newsroom," Parr says. "Because, hopefully, they're going to be doing it in great jobs in the near future."

Despite the previous night's craziness, Carey says he would love to do this for a living.

"That's what I like," he says. "It keeps you on your toes and makes for exciting news and an exciting career. I wouldn't want to just be sitting around waiting for something to happen."

519online can be viewed at [www.conestogac.on.ca/519online](http://www.conestogac.on.ca/519online) and it's also linked on the websites [www.bliptv.com](http://www.bliptv.com) and [www.vimeo.com](http://www.vimeo.com).

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

What would you come back as  
in your next life?



"A cat because they're lazy  
and get attention."

**Laura Smith,**  
first-year  
human services

"I would be a labradoodle.  
They have so much person-  
ality."

**Laura Taillon,**  
part-time student,  
civil engineering  
technology

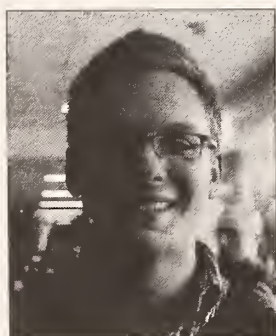


"I'd come back as a  
Corvette Z06; it's my  
favourite car."

**Matte Elieff,**  
second-year  
marketing

"I'd like to be a dandelion  
so I can give people a  
wish."

**Matt Sawyer,**  
first-year  
human services



"I want to come back as a  
billionaire."

**Phokay  
Phouthonephackdy,**  
first-year  
human services

"I want to come back as a  
mermaid. It would be cool to  
live under water."

**Sandy  
Loranzo,**  
first-year  
human services



Smile Conestoga, you could be our next respondent!

# Caught on the radar

## Students can lose their cars for driving 50 km/h or more over the speed limit

By LOUISE KADDOUR

Slow down drivers; you can't  
hide anymore.

In two and a half hours, 14  
people were pulled over for  
speeding along Conestoga  
College Boulevard and Doon  
Valley Drive on Oct. 21.

Const. Mark Hammer of the  
Waterloo Regional Police says  
the speeds ranged from 70 to  
79 km/h on the 50 km/h road,  
although last time he was  
patrolling in the same area, he  
caught speeders travelling in  
the 90 km/h range.

According to government  
guidelines in Ontario, drivers  
going 20 to 28 km/h over the  
speed limit will face a ticket of  
\$95.

For travelling 29 km/h and  
over, the ticket price rises to  
\$138.

Staff Sgt. Scott Diefenbaker  
says that officers with radars  
patrol the area with some fre-  
quency due to complaints from  
people in the neighbourhood.

"When people complain we  
have to satisfy those  
requests," he says.

Diefenbaker says that staff,  
faculty and students need to  
drive the speed limit.

"They are more concerned  
with getting to work or getting  
to class than their own driving  
safety."

However, Diefenbaker says  
that with some education or  
enforcement in the area, the  
number of people speeding  
"tends to fall off and we see  
greater compliance."

With holiday parties coming  
up, Diefenbaker warns that

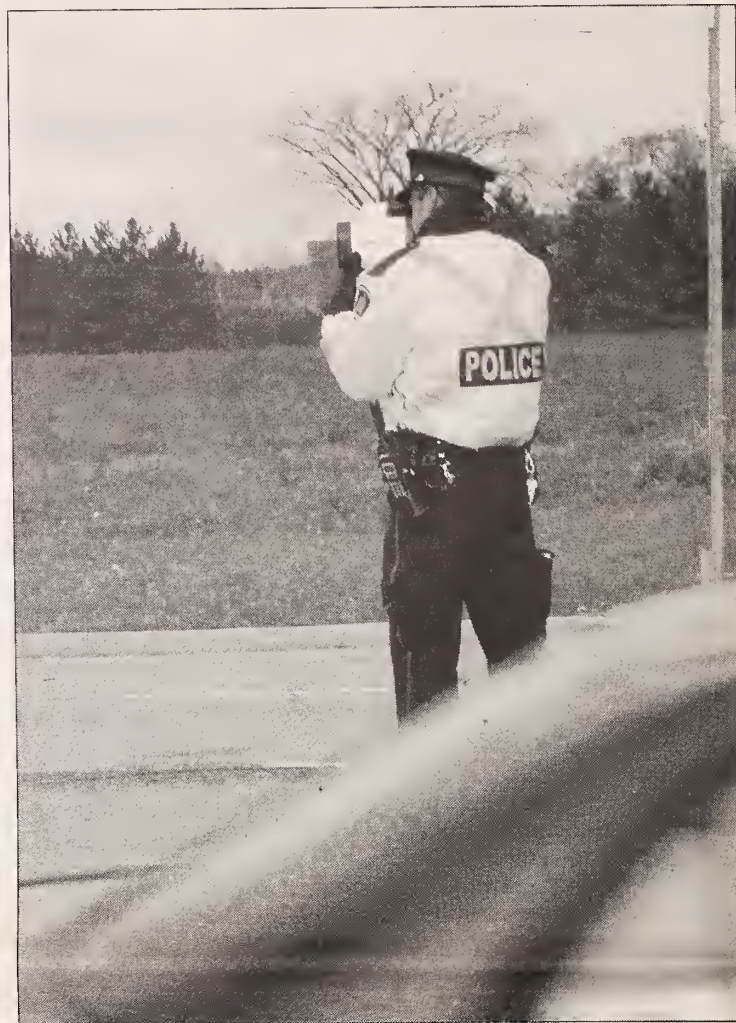


PHOTO BY ADAM RUSSELL

Const. Mark Hammer uses a radar gun to catch speeders on  
Conestoga College Boulevard Oct. 21. Hammer said he has caught  
drivers doing more than 30 km/h over the posted 50 km/h speed  
limit in front of the college.

G1 and G2 drivers must have  
a blood alcohol level of zero as  
it is not only a highway driv-  
ing traffic offence but is war-  
rant for being arrested for

impaired driving.

He cautioned people to not  
drink and drive and urged  
everyone to preplan ahead so  
they wouldn't be tempted.

## Study like an Aussie

### Students can go from a diploma to a degree faster

By LOUISE KADDOUR

Studying in Australia might  
just be the right choice for  
thrill-seeking students.

Conestoga has an articula-  
tion agreement with Griffith  
University in Queensland,  
Australia, allowing graduates  
of certain programs the oppor-  
tunity to study for an addi-  
tional one to three years to  
obtain a related degree.

Helen McCart, a consultant  
for KOM, which links  
Canadian students with inter-  
national universities, says  
although the tuition for inter-  
national students can run as  
high as \$30,000 per year, the  
advantage is that it takes less  
time than it would studying  
locally to obtain a degree from  
scratch.

"You can go and spend three  
or four years at Wilfrid  
Laurier on tuition and resi-



dence. The money works out  
the same."

In 2008, McCart said 18  
Conestoga graduates went to  
Griffith to complete their  
degree. Of them, seven were  
business grads, two were from  
criminology, five were from  
graphic design and four went  
on to complete a degree in  
communications.

Applied business degree  
graduates can also apply to  
Griffith to complete a master's  
degree in as little as one to two  
years, McCart said.

Some programs included in  
the articulation agreement

include general arts and sci-  
ence, aviation, journalism,  
civil and electrical engineering  
and police foundations (to see  
the complete list, visit  
[www.griffith.edu.au/credit](http://www.griffith.edu.au/credit)).

Griffith is a five-campus uni-  
versity with over 37,000 stu-  
dents, including 7,300 inter-  
national students.

... tuition for international  
students can run as high  
as \$30,000 per year ...

Its climate boasts mild win-  
ters and warm summers. The  
temperature typically ranges  
from 9 to 20 C in the winter  
and 21 to 32 C in the summer.

# Children's museum puts its Warhol on

By NEIL McDONALD

Andy Warhol would have loved it.

After all, the late pop-art icon made his name by taking familiar images like Campbell's soup cans and the Empire State Building and presenting them in a new and modern light.

Now, the Waterloo Regional Children's Museum is asking local artists to "Warhol" the master himself in an upcoming exhibit called Put Your Warhol On.

Running Nov. 8 and 9, and presented in conjunction with RareFunk, a local art and clothing store, the show is intended to whet the public's appetite for the museum's upcoming Warhol retrospective.

"It's primarily an art exhibition and sale," said the museum's marketing manager Angela Olano. "We wanted to do something that would create some pre-Warhol buzz in the community, something that would get people involved before the Christmas holidays and tie Warhol into their holiday shopping."

Participating artists at Put Your Warhol On will use Warhol images and techniques, such as silk screening,

to create new and unique works.

"We've encouraged artists to create art inspired by Warhol, whatever that means to them," said Olano, who hopes the exhibit will "show how relevant Warhol still is."

Beginning in January, the museum will mount Warhol's Factory 2009, a major coup for the area, which will feature over 60 original Warhol works.

"We're going to blow the lid off Waterloo Region and southern Ontario," said David Marskell, CEO of the Children's Museum. "This show could be in Paris or New York. The Warhol museum in Pittsburgh and the foundation in New York have said that, and the Ministry of Tourism here in Ontario have said that. We're in stage two of getting some very significant funding."

That funding will go toward extensive marketing of the Warhol show, part of an overall re-branding of the museum inspired by the success of the recent Jane Goodall exhibit.

"Our museum is becoming more than a children's museum, it's a misnomer," said Marskell. "It opened five years ago, and it did not work when it opened. The last two

years, we've been running very well and we ran at capacity for Goodall. We've doubled our earned revenue for the past year, memberships are up 99 per cent. It's new territory."

"More and more, we're creating programming geared towards university students, college students, and adults," said Olano.

A planned interactive component at the show will help bring Warhol into the 21st century, said Marskell.

"Warhol would be totally all over that," he said. "YouTube, webcams, things that are second nature for a lot of the younger folks today. There's some simple, very cool things that people can do today and you're putting your Warhol on without even noticing. The guy was amazing, the mark that he has left is incredible."

Marskell hopes 50,000 people will attend Warhol's Factory 2009, and that Put Your Warhol On will not only publicize that event but showcase the region's talents as well.

"If we can spark the imagination and help local artists get better and pay their rent, it's great. In the end, it's not about the museum, it's about the community."



PHOTO BY NEIL McDONALD

Local artists will be putting their Warhol on at the Waterloo Regional Children's Museum Nov. 8 and 9. Angela Olano, the museum's marketing manager, hopes the show will spark interest in the upcoming Warhol's Factory 2009 show.

## United Way fundraising events involve a lot of hoopla

By CHRISTIE LAGROTTA

Yellow hardhats were the fashion necessity for the students participating in the human ring toss on Oct. 22.

The students in the human services foundations program created three fundraising events with all proceeds going to the United Way. The fundraisers took place during the lunch hour on Oct. 22, 23 and 24 and included events such as the human ring toss, sure shot and skillympics.

The sureshot event, held on Oct. 23, was a hockey-themed event that required participants to hit targets in hockey nets to receive a ballot for a prize draw. Skillympics, held on Oct. 24, gave students the opportunity to throw a basketball in a net or a Frisbee disc through a hula hoop. If students were able to achieve success they received a ballot as well. Both events cost \$1 for three tries.

This was the first time that student affairs joined with an academic program to produce a fundraising event. As of Oct. 22 Conestoga had raised approximately 40 per cent of its \$45,000 goal, which puts the campaign close to \$18,000. Ryan Connell, student life programmer, said he is extremely optimistic about



PHOTO BY SARAH BONGERS

A human ring toss was a truly moving experience. Students Stephanie Morrison, left, and Candace Lienhardt don hula hoops for the afternoon United Way fundraiser in the atrium on Oct. 24.

reaching the goal.

The human ring toss event, which was held on Oct. 22 in the student life atrium, rolled in \$371, while the sure shot event brought in a cool \$233 and skillympics raised \$313, all in one-hour time spans. The grand total was \$917.

Students, who were acting as the human pegs for the hula hoops to land over, donned hard hats to protect their heads from the hoops as they stood on an X that was marked in tape on the ground. Participants paid \$1 for three tosses, and received a ballot for successfully getting their hoop over the target. Draw

prizes included a handheld palm pilot and a zip-up hoodie.

"It's scary," Shandi Mullin, a first-year human services foundations student, said of the hula hoops being tossed at them. "Your first instinct is to put your head down."

Jackie Shuster, a first-year human services foundations student, added, "We should have been given goggles."

The events took three weeks to plan, with students being divided into three groups, each with different responsibilities. "It was hard to communicate with the other groups, but it all came together," said Shuster.

## Cafeteria website up and running

By STACIE RITCHIE

Students can now access the cafeteria's new website and all of its features.

In September, Chartwells officials said they were going to create a website that could be accessed through the school's main website with a variety of features available on it, including information on the cafeteria staff, hours of operation, food menus, food delivery and the Hugs from Home program for parents.

“

(The website) will still continue to be a work in development.  
— Susan Dixon

“

Chartwells is the company that provides food services on campus.

Susan Dixon, food services director at Conestoga, had hoped to have it up and running by Thanksgiving, but they didn't quite make that deadline.

Although most of the information was ready to be

uploaded by Oct. 13, the website couldn't be launched until Oct. 14 by head office.

Students and faculty can now access the cafe's menus and food delivery information, and register for the online nutrition journal and Canada's food guide. They can also view current promotions, get information on repeat purchase cards and learn about the recycling program.

As well, people can see current specials that the cafeteria has and any upcoming events in the café or with food services.

Parents can also access the Hugs from Home program on the cafeteria's website where they can see all of the prices for food items and choose from seven different packages to send to their children who are living away from home.

But, despite the website being up, Dixon said there are still a few things to add, such as some photos and staff bios.

In the grand scheme of things though, Dixon said she is pleased with how the website turned out. However, she said, "it will still continue to be a work in development."

# Voting is a privilege

It is obvious that Canadians need to be reminded that voting is something they should do with pride. The pathetic voter turnout on Oct. 14 is a national embarrassment and a slap in the face to war veterans.

Only 59.1 per cent, or 13.8 million out of 23.4 million eligible voters, exercised their fundamental right to take part in the federal election, breaking the previous low of 60.9 per cent set in 2004.

That means roughly 10 million Canadians took a pass on casting a ballot to determine who will govern our country through the next four years.

That number is disgraceful, and those who didn't vote should be ashamed of themselves.

The "simple act" of voting – once a privilege conferred only on those affluent enough to own land or pay taxes – has become a right of citizenship enjoyed by almost all Canadian adults. Canadians need to observe voting as not only a treasured right but also as a civic obligation – a way of acting on our commitment to democratic principles and protecting our stake in Canada's political life.

Voting is the cornerstone of a democracy.

We must remember that many Canadian men and women gave their lives to ensure that we had a free society where we had the opportunity to vote and elect our government.

Nellie McClung led the fight for women's right to vote in Canada in the early 1900s. Trudging her way through male-dominated politics and the belief that placing women on political equality with men would cause domestic strife, she gathered signatures on petitions and spoke to women's groups across the country. She dedicated her life to getting women the vote.

According to Elections Canada the main problem lies with the young or new voters of Canada. Their study showed that only 52 per cent of Canadian adults under the age of 30 said they voted in the 2004 federal election, compared with 68 per cent of those in the 30 to 44 age group and 83 per cent of people 45 and over.

Apparently many older Canadians have a strong sense of duty and will vote no matter what. With young people and new Canadians it seems that they are motivated more strongly by factors such as interest, compelling leaders or an issue that personally affects them.

When politicians know in advance that most young people don't vote they become less interested in making the effort to be responsive to issues that matter to younger Canadians. Therefore, by voting you may be able to bring attention to issues that affect the younger generation as a whole. We may be able to make our voice heard.

However, the most important reason you should vote is because you can.

It is a right worth fighting for, and dying for.

## Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

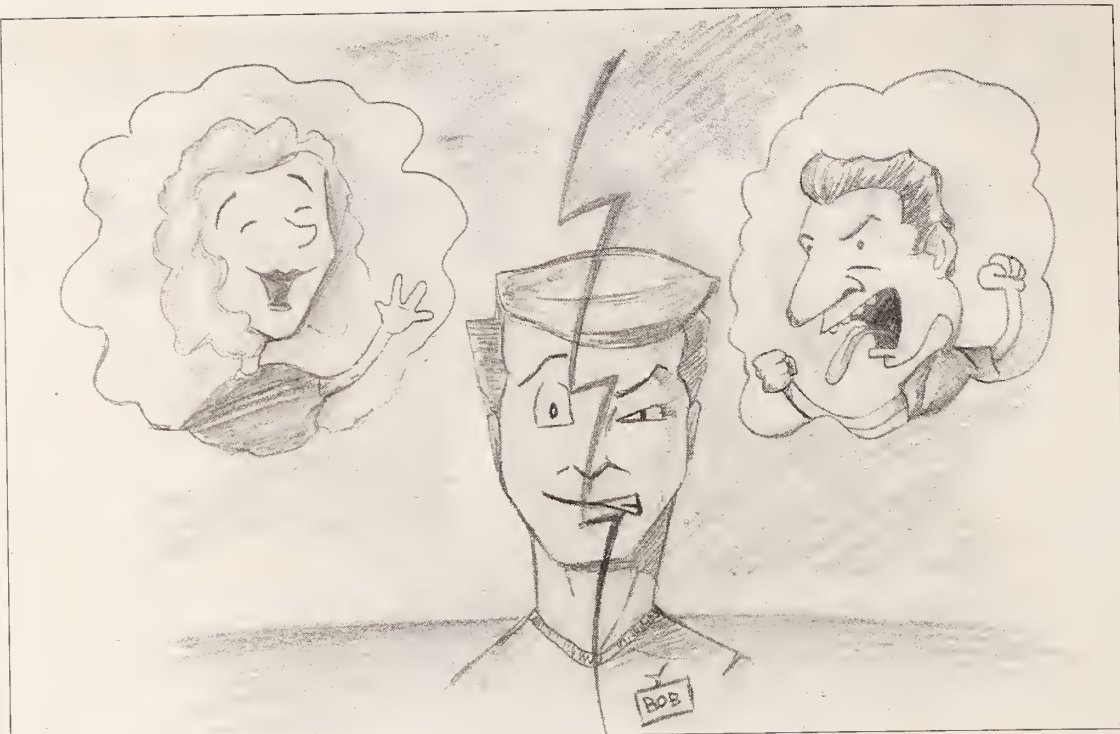
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## Customer service is a two-way street

In the last decade, I've had pens and paper thrown at me. I've been called an idiot, a "sass-mouth" and a liar. I've been accused of ripping people off and of stealing their money. Why? Because, for 10 years, I've worked in retail.

I've dealt with my fair share of angry customers and I've learned a few things. In my experience, if you have a problem with a purchase or service that you feel needs to be addressed, the following tips should come in handy for getting the most out of a retail worker.

1. Keep your receipt: I can't stress this enough. There's a reason a receipt is also called a "proof of purchase." In a crazy scheme to make a profit, many companies tend to provide their wares to numerous retail outlets. Therefore, if you can't prove that you purchased the item at the store you're returning it to, you're likely out of luck.

2. Be calm. I can guarantee that if you begin to yell at a store employee, their first instinct is not to help you. Nobody likes being bullied and, even if your complaint is completely justified, yelling and throwing things will get you nowhere.

This applies especially to restaurants. Don't treat someone who has access to your food shabbily – unless you like the idea of consuming saliva. If you're calm



Kevin O'Brien

### Opinion

and polite, likely, the person serving you will respond in kind.

3. Familiarize yourself with store policies: Ask questions before you purchase something. I can't count the number of times I've seen customers ask for refunds while clutching a receipt that plainly states that all returns are exchange only. Simply ask, "What's your return policy?" when making a purchase. If you don't like the return policy, don't shop in that particular store.

“

I've dealt with my fair share of angry customers.

”

4. Be aware of staff limitations: There have been times when I understood why a customer was upset and I wanted to help them, but couldn't. Why? Because of store policy. Now, I know that the words "store policy" sound deceptively vague, so here's a translation: "I'm not allowed to do anything."

Usually a cashier can't

offer much more than a refund or an exchange. Don't demand more than that because they probably don't have the power or authority to provide it. In some cases, if they go beyond their authorization, they'll be fired. If you really feel that you deserve more than an exchange or refund, ask to speak to a manager. If the manager can't help you, ask to speak to their superior. If the superior can't help you ask ... well, you get the idea.

5. Be wary of laying blame: If you buy a clock radio that doesn't work properly, don't treat the staff as if they're the ones who crafted it. When I worked at a video store, customers would ask for a refund because they said the movie they rented "sucked" – as if I had written, directed and starred in the film they found so abysmal.

Please understand that the poor guy or girl behind the counter likely had nothing to do with the production of the merchandise you found so shoddy and don't deserve blame for it. Keep your anger focused on what the store or employee is responsible for.

A while back, I was in a restaurant with my girlfriend. As we exited, I held the door for a man entering. As the man said "thank you," we locked eyes. He looked completely embarrassed – he had once accused me of ripping him off.

## SPOKE

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# Help is a phone call away

By KAITLYN HEARD

In the school's parking lot, late at night, you witness a crime. You're all alone and you don't know what to do – who can you tell? Crime Stoppers, of course.

And all it takes is an anonymous phone call.

Now reporting mischief, crimes or even bullying on campus is easier, thanks to a joint initiative between Conestoga College and Crime Stoppers.

Students can call the Crime Stoppers phone number and if the matter can be better handled by security service representatives at the college, the tip will be passed onto them.

Crime Stoppers is a non-profit charitable organization created to assist in crime solving.

With anonymous phones calls, individuals can give tips and information on crimes committed allowing police in the area to solve crimes and resolve issues using the information given.

Not only can an individual feel rewarded for assisting in solving a crime, but a cash reward could be given if the crime is solved. Every call is anonymous so callers don't have to feel afraid when reporting a crime.

John Anderson, security representative at Conestoga, hopes students give back to the program.

Anderson has been appointed as the Crime Stoppers representative for the college and said the program is an excellent idea.

"Some people see things that are wrong and don't know what to do about it."

This program can make it easier for students to report a crime or mischief without feeling at risk.

Since Crime Stoppers is offering this new service for free, students can help by fundraising for the association.

Every year, Crime Stoppers hosts an event called Jail 'n' Bail. Officers, community leaders and residents are arrested and placed in a jail cell and donations are collected to pay for the bail. Each person in jail must reach a specific money goal to get out. Anderson said Conestoga students, staff and faculty could participate in the event to help raise money for the program.

Anyone with a tip is asked to call 1-800-222-TIPS (8477).

However, please note that Crime Stoppers will not take tips from victims. They are asked to call the police department directly at 519-653-7700.

# Finally, a course in relationship skills

## Advice offered to singles looking for the ideal mate

By SARAH BONGERS

Looking for Mr. or Mrs. Right, or coming out of a relationship can be a precarious situation.

Sadly, relationship skills are not taught in public or high schools.

However, you can take a course at Conestoga College, thanks to Gina Daniels and Fran Allen. They offer relationship and dating success for singles at the college for those who are looking for their ideal relationship.

"It's one of the biggest decisions we'll ever make in our lives," said Daniels. "It impacts our entire lives. You have to be very careful who you pick because your whole life will be affected by that."

Daniels and Allen have been instructors of the course for three years, two of which have been at Conestoga. The classes

are generally small, usually around 10 people, according to Allen. The course consists of two, eight-hour classes.

"There is a really big need for singles out there to get the education on how to pick the right relationship," said Daniels. "Especially with the divorce rate skyrocketing. People need the know-how to choose."

Some of the students who chose relationship and dating success for singles were glad the course existed.

"I just got out of a six-year relationship, and I just wanted some feedback, (and to) interact with others that are single and had ... the same issues as I did," said Maria Breen, a student in the course.

Michael MacFarland, another student, has been struggling to meet singles on a regular basis and thought it would be a good idea to take the course when he saw it

advertised.

After going through bad relationships in the past, Andrea Mia enrolled because she wanted to "get better insight as far as dating and relationships were concerned."

MacFarland hopes to gain "a better understanding of what I'm doing right and what I'm doing wrong" when he finishes the course.

Allen and Daniels have seen a wide variety of ages come through this course during their three years of instructing it. They've had singles in their early 20s and they've had retired singles in their late 50s looking for a new partner after a failed marriage or relationship.

"One thing I find is that a lot of people that are looking for the right relationships, especially people that get into their 30s or 40s, it's very difficult to make friendships," said Daniels. "When you leave college and

you go off into the work world sometimes you don't have that type of work atmosphere to make friendships."

Daniels talks to her students about how important it is to create friendships. She said if you have a smaller group of friends, it's harder to find the right mate because "sometimes you meet that right mate through a friend."

A former student of Daniels and Allen started a group of single females that meet once or twice a month in the Kitchener-Waterloo area. Daniels said the group now has over 90 members.

"I think that's a great success story because that was one of her goals, was to make more friends," said Daniels.

Daniels recommends the course for singles who "want to get out there and meet their ideal partner ... for a relationship that is long-lasting."

# Conestoga goes dark

## Outage occurs due to breaker failure

By LIZ KOENIG

Conestoga fell under a dark veil on Oct. 21 after a short power outage occurred between 1 and 2 p.m.

Acting director of physical resources, Barry Milner, said that Kitchener-Wilmot Hydro experienced a failure with one of its breakers.

Conestoga College and the surrounding area were affected, but the problem was repaired by remote and only a short outage occurred.

Later on the same day a network outage caused computer failures and eventually Internet interruption at the Doon campus and Groupwise access disruption at all Conestoga campuses.

Other than the significant power outage in 2003, when half of the province and northern U.S. states were affected, Conestoga hasn't had many major outages.

Most outages at the school are Kitchener-Wilmot Hydro-related, however, there have been cases where only Conestoga was affected and responsible for an outage.

"A number of years ago there was a failure with our equipment," Milner said.

Preventative maintenance is performed every May on equipment at all campuses and routine maintenance is performed monthly.

### Counsellor's Corner - STALKING

Stalking is a **crime** that happens more on college campuses than in the general population.

#### What is It?

Researchers in a national survey of college students in the U.S., defined stalking as: *"Repeatedly following, watching, phoning, writing, e-mailing or otherwise communicating with someone in a way that seemed obsessive and caused fear or concern for personal safety".*

#### Who are stalkers?

Stalkers tend to fall into three categories:

1. Ex-partners: were in an intimate relationship with the victim
2. Delusional stalkers: frequently have had little or no contact but are under the delusion that the victim is in love with them
3. Vengeful stalkers: are angry with the victim over some slight, whether it is real or imagined (could be argument, poor grade on a paper)

Statistically most stalkers are males who have been rejected by women but males can be victims too. College women are more likely to be stalked by someone they know; either someone they had an intimate relationship with or with whom they had casual contact (i.e. a classmate). Male victims often feel more menaced than endangered. *Stalking is seen as a way to get power and control over a victim.*

#### What Can You Do?

The following are some suggestions if you are being stalked. The most important thing is to be aware and get support.

1. Do not minimize or ignore unwanted behaviour.
  2. Respond firmly that you do not want further contact.
  3. Report threats to **Campus Security** and/or the **Police**. If the stalker is a Conestoga College student, their behaviour is against the Student Code of Conduct and college sanctions may apply. **Campus Security** can also help you in dealing with a non-college stalker.
  4. Protect your private information (home/cell phone no., e-mail address, address)
  5. Gather evidence (e.g. save e-mails, unwanted gifts, voice mail) and document what you have tried to do in the situation.
  6. You may need support in dealing with the stress of being stalked. Make an appointment to see a counsellor in **Counselling Services** for support and advice.
- A Message from Counselling Services, 1A101.**

# Get your creative juices flowing in November

By LAURA ROUSE

## This is National Novel Writing Month

If you ever wanted to write a novel, now is the perfect time. November is National Novel Writing Month, or the NaNoWriMo challenge, and all you have to do to participate is sign up on the website, [www.nanowrimo.org](http://www.nanowrimo.org). The concept is to write a 175-page (or 50,000 word) novel, starting on Nov. 1 and completing it by Nov. 30.

2008 is the ninth year of NaNoWriMo, which was founded by freelance writer Chris Baty in 1999 and is now run by The Office of Letters and Light, a non-profit organization based in Oakland, Calif. In the first year of

NaNoWriMo there were just 21 brave participants and six winners, or people who actually completed their novel in 30 days. 2007's challenge had 101,510 participants and 15,333 winners. This year is sure to be even more large-scale.

This year Kitchener, Waterloo and Cambridge make up their own region for NaNoWriMo, whereas in other years this area was a tiny, unnamed part of the vast expanse of "Canada-Ontario-Elsewhere." The municipal liaisons of the new Kitchener-



Waterloo-Cambridge region are hopeful that this will bring out many more participants, since there is a message board on which to post encouragement and panicky requests for help.

Joanna Anderson, 23, is one of the municipal liaisons for the region, and this year is her fourth time participating in the challenge.

"The first year I made it only a little better than halfway to the 50K goal before I quit," Anderson said. "I've won the past two years. In 2006, it was with just over 50,000 words,

and I never did finish the story. Last year was my best year yet: I finished November with 86,000 words and a completed story!"

So far, the NaNoWriMo team has managed to avoid having an entry fee (meaning it is free for everyone to be a part of the fun) and Anderson said it's up to participants to make donations to make sure it stays that way.

"Each year I've participated I've donated either \$10 or \$25, and purchased some of the goodies from the NaNo store," Anderson said. "The NaNo team puts so much effort into organizing this event, and it takes a lot of money to keep something so large running!"

The NaNoWriMo website has a section for donations, where you can make a donation between \$10 and \$2,500 using a credit card or a PayPal account.

They even tell you where your donation is going and what it will be used for. There is also a section where you can buy merchandise such as T-shirts with NaNoWriMo logos, books, posters and buttons.

That's why I love NaNo. It helps me push myself.  
— Ashley Kowitz

Anderson also has a NaNoWriMo statement, which is: students can do it. And not just super-students or students with a specific course-load. She said there is no such thing as being too busy to write 50,000 words.

"You fit your writing into the cracks and crevices of time that remain to you: on the bus ride home, between classes, during naptime," she said.

Twenty-four-year-old Ashley Kowitz's favourite thing about NaNoWriMo is the motivation behind it, and said that her biggest problem is her need to go back and edit everything she's written.

"That's why I never finish anything. NaNoWriMo doesn't allow you to go back and edit. You just keep going until it's over. That's why I love NaNo. It helps me push myself," said Kowitz.

This will also be her fourth year participating in the challenge, and she has completed a novel once, two years ago.

Kowitz also contributes to keeping the challenge entry fee-free, and purchased Chris Baty's book *No Plot, No Problem*, from the website, which helps writers decide what kind of novel to write, develop characters and bring the story together.



\* Cannot be combined with any other offer.

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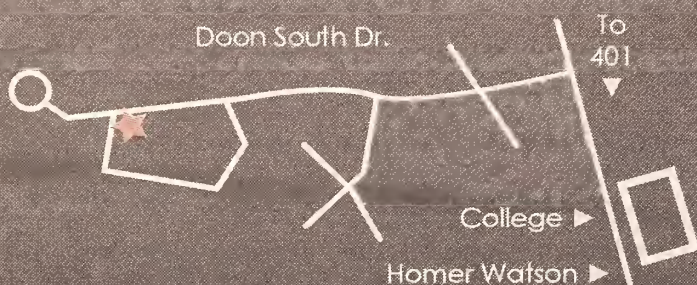
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## CONDORS EMPTY POCKETS FOR THE UNITED WAY



PHOTO BY HEATHER MUIR

Kristine De'Rozario, Cliff Steven as the Condor and Jessica Mercer marched around Conestoga College on Oct. 23 collecting money for the United Way.

## Is the next great depression around the corner?

By CHRISTIE LAGROTTA

Despite many experts believing that Canada is breathing down the neck of the next Great Depression, some officials disagree.

Bill Robson, chief executive officer of C.D. Howe Institute, was reported in The Record on Oct. 17 as saying that Canada may face a year or two of a rocky economy, but it will not be as devastating as the 1930's depression.

Robson explained that Canadian banks and households have remained strong, and our collective debt is manageable.

Though Canada has remained stable, this doesn't mean that it is not fighting the aftermath of the American storm. The U.S. has been facing an economic whirlwind for some time now. Real estate is selling for close to nothing and Wall Street has

reported a major downturn. The U.S. is currently seeing close to a 25 per cent decrease in housing equity.

Many Canadians fear that Canada will soon mirror the economic state of the U.S. However, some research shows that many of the variables that led to the Great Depression of the dirty '30s are not prevalent today.

However, Michael Dale, a liberal studies professor at Conestoga College, said, "To say that Canada will not follow suit of the Americans is naïve. I could have predicted this economic downturn 20 years ago."

Dale explained that Canada has many correspondences with the U.S. and it wouldn't be logical to think that if the U.S. economy continues to slow down that Canada won't soon follow. "It's inevitable. Our

economies are far too intertwined to escape," he said.

Dale said he isn't able to predict a depression, but said that it seems many variables are pointing in that direction.

Canada's banks have remained much more stable than those in the United States; however, Canada borrows through international houses, some of which are seeing a downfall in their economies which can only lead to less available money in Canada. Without available financing, houses will not be bought or sold which, in turn, will deplete Canada's economy.

"In the next few years, if the safeguards that we put in place after the 1930s to prevent another depression fail, then we could go into another depression," Dale said. "Although will it happen, I can't predict."

## Bricklayers book ticket to Vegas

By BLAIR POLLOCK

Elite bricklayers in the area strutted their stuff at the Spec Mix regional bricklaying championship.

Seven teams from the Waterloo Region and the surrounding area took centre stage at Conestoga's Waterloo campus on Oct. 22, all looking to win a plane ticket to the world championship of bricklaying in Las Vegas at the Spec Mix 500, plus \$500 in spending money.

Teams consisted of two men, a bricklayer and a mason, who received an hour to set up their materials and another hour to lay as many bricks as they possibly could in the allotted time. Marks were deducted in the final brick count for errors in height, consistency of joints and holes in the wall. The final score was based on the number of bricks laid minus deductions.

"You're bent over for an hour. You want to rush it but not too much or you'll get docked," said Kitchener mason Pat Dixon, who finished with over 260 bricks laid in the event. Dixon described

the event simply as, laying bricks and breaking backs.

Graziano and Kris Comin, brothers from Hamilton, were crowned the champions of the event, laying 542 bricks. They also took home the craftsman prize for the best looking wall.

The pair now head to Las Vegas in January to compete for the world title in bricklaying at the Spec Mix 500 and over \$100,000 in prizes.

"It was very quick, the hour flew by, just racing," said Graziano. "It was tiring though, very tiring, a lot more than I thought."

This was the first event of its kind in Waterloo Region in over 20 years and one of only two bricklaying regional competitions in Canada. The other one was in Alberta. There are 12 regional competitions in North America.

"The competition was great. People that missed it missed a great event," said Forwell Spec Mix representative Dean Garbutt. "The competition next year, however, will be bigger and better."

Garbutt went on to give a big thank you to Conestoga College officials for their hand in the event.

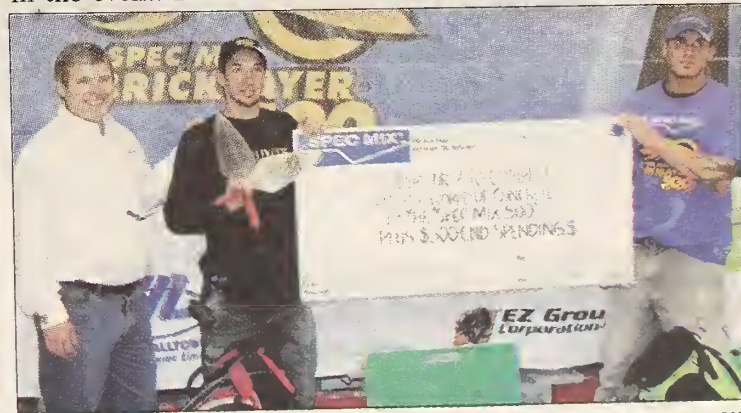


PHOTO BY BLAIR POLLOCK

Dean Garbutt, left, of Forwell Spec Mix, presents a giant cheque to Graziano and Kris Comin at the Waterloo campus Oct. 22, after the Hamilton pair won their way to the Spec Mix 500 in Las Vegas, plus \$500 in spending money.

# Thank you

to all students, staff, faculty and  
volunteers who generously gave their  
time and money to support  
Conestoga College's annual  
United Way Campaign.

Without you, there would be no way.



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# Adjustment disorder a little known illness

By LACIE GROFFEN

Most people don't get too upset when classmates get a little noisy, or a friend makes fun of their hair. But, for those people suffering from adjustment disorder, these little things can reduce them to tears.

Adjustment disorder is described as an "intense or even severe reaction to an event or change in someone's life," said Marshall Chanda, a guidance counselor at Conestoga College.

The event can be small such as a break-up or major such as a death, depending on a person's ability to adapt to change. The most common cause of adjustment disorder among college students is moving away from home for the first time.

Conestoga College counselor, said students who move away from home are at first thrilled and abuse their newfound freedom. However, they eventually fall behind and begin to realize that there is no longer anyone to keep them in check. When this happens students can panic and start to spiral downward.

Adjustment disorder can affect both your emotions and your behaviours. According to Chanda, the disorder affects the way you think and feel. Symptoms include sadness and crying spells as well as a sense of hopelessness and, in extreme cases, can provoke thoughts of suicide. People become impulsive, distracted and begin to avoid social contact.

Most people who have

adjustment disorder don't know what it is and that there's help for it. If you suspect that a friend, family member or even peers are suffering from it, the key is to pay close attention to changes in their actions and look at "how they once were," said Chanda. He said although it's great to look out for others, you also have to know the individual and be careful not to misjudge the situation, as this can be harmful.

If you do decide to help someone you think is suffering from the disorder, Chanda said it's important to make him feel like he can talk to someone about it. You must show the individual that you care for him and are genuinely concerned about the changes you have seen evolve in his

character.

Students who seek help from counselling services on campus are offered a full support system. They meet with counsellors to make sense of what they're going through, who in turn work with the student to reassure him he is not alone and is not losing his mind. After the first meeting there's ongoing talk therapy to help the person make good lifestyle decisions in order to get back on track.

If untreated adjustment disorder can cause students to lack motivation and desire. Attendance begins to slip, marks drop and in severe cases students can derail an entire year. Chanda said it's vital that symptoms are recognized in a timely manner so they can be treated early enough to

avoid such extreme situations.

Counselling has been proven to be beneficial. Since the new student life centre opened at Conestoga College, counselling services has become more available and has helped to increase student retention as well as increase graduation rates by five per cent.

For those who do not wish to get help Chanda said they should surround themselves with a good support network and continue to live a healthy lifestyle. Exercise and healthy eating will help to feed a sound mind and aid in good decision-making. Students can also choose to talk to their family physician about medication available to help with symptoms such as sleep deprivation and depression.

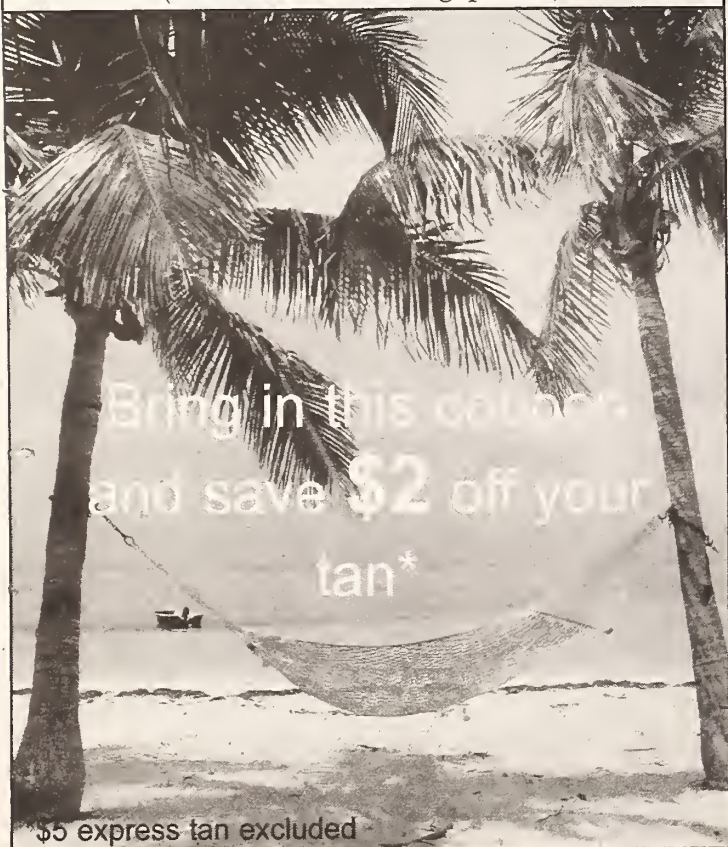
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## Will you get the vaccine? Flu season is coming

By KAITLYN HEARD

It's that time again. Needle-fearing individuals can run and hide from the painful prick but they can't hide from the flu.

Flu season is quickly approaching and with it comes vomiting and chills.

The influenza virus, commonly known as the flu, mainly targets high-risk groups such as those 65 years old and older, young children or babies, those travelling to places where influenza is thriving, individuals with serious or long-term health issues including heart, kidney or lung disease, and those living or working in nursing homes, hospitals and health-care centres. Any individuals who may be exposed to the virus are required to receive the shot to avoid spreading germs to patients or to the general public.

There are two different kinds of the flu: influenza A, the type with more serious symptoms; and influenza B, a milder version of A.

The flu can be a pain-in-the-butt but the needle can help. The flu vaccine is grown in fertilized hens' eggs and doesn't contain the live virus. Once an individual has received the shot, the immune system produces antibodies that fight the virus when or if it enters the body.

To know if you have the flu, watch for symptoms such as fever, hot or cold chills, dry cough, muscle aches, vomiting or extreme fatigue.

According to last year's statistics in a 2007 Health Canada article titled, Fighting the Flu, "Between 4,000 and

### AVOID THE VIRUS

The following are ways to avoid the flu:

- Keep your hands clean by washing frequently.
- Cough or sneeze into your arm to avoid spreading germs.
- Wash your hands after you blow your nose and sneeze.
- Avoid sharing beverages, foods, mittens, scarves etc.
- Try to avoid touching your eyes and mouth.
- Keep door handles in the house clean since others will be touching them.
- Avoid contact with anyone with the virus. If you catch the flu, avoid public areas like malls, public transportation systems, work and school.

8,000 Canadians – mostly seniors – will die from pneumonia related to the flu and many others may die from other serious complications of the flu."

The virus can change from year-to-year, thus individuals are advised to get the needle annually.

"My mom makes me get it every year. If it was up to me I wouldn't," said Conestoga student, Alan Yescas.

But do young adults and middle-aged people need to get the needle? These age groups are less susceptible to the virus since their immune systems are generally stronger; however, individuals can still receive the flu shot to prevent any chance of catching the virus.

"I always get sick anyway so it seems useless but I get it anyway," said Conestoga stu-

dent Courtney Kennedy.

The needle can help prevent the flu but there are some mild side effects. These can include soreness, redness or swelling at the injection site.

All across Ontario flu clinics are set up to accommodate individuals seeking the free vaccination. Conestoga College will host a flu clinic in November. Watch the CSI calendar for the dates of the clinic or check online at [www.conestogastudents.com](http://www.conestogastudents.com). You can also receive the needle from any health-care provider, clinic or doctor's office in your area.

Here is the public health clinic schedule.

#### In Kitchener

Nov. 4: 2 to 8 p.m., Stanley Community Centre, 505 Franklin St. N.

Nov. 10: 2 to 8 p.m., Huron Heights Secondary School, 1285 Starsburg Rd.

Nov. 18: 2 to 8 p.m., St. Louis Adult Learning Centre, 80 Young St.

Nov. 25: 2 to 8 p.m., Victoria Hills Community Centre, 10 Chopin Dr.

#### In Waterloo

Nov. 6: 2 to 8 p.m., Waterloo Memorial Recreation Complex, 101 Father David Bauer Dr.

Nov. 12: 12 to 8 p.m., Bluevale Collegiate Institute, 80 Bluevale St. N.

Dec. 1: 2 to 8 p.m., Sir John A. Macdonald High School, 650 Laurelwood Dr.

Jan. 5: 4 to 8 p.m., Region of Waterloo Public Health, 99 Regina St. S.

For more information call the Physician Vaccine Information Line at 519-883-2006 or go to [www.statcan.ca/chms](http://www.statcan.ca/chms).



PHOTO BY JAMIE REANSBURY

In downtown Waterford, a town about an hour south of Conestoga, the giant pumpkin tower, which is constructed from schoolchildren's jack-o'-lanterns, oversees the entire Pumpkin Festival.

## School growing pains need adapting to

By PATRICK LANSBERGEN

Staff at the adaptive technology lab at Conestoga College expect the lab to go through growth pains with the addition of the Cambridge campus. Depending on the course taken, the lab may have to support the Cambridge campus, causing difficulties for staff and students.

According to Su Lyttle, a computer technology consultant, the adaptive technology lab started as a Learning Opportunities pilot project in 1988. It was funded by the provincial government to develop methods to assist those with specific disabilities.

"We didn't have much of a clue at first," said Lyttle.

In the 10 years since its beginning the lab has acted as the heart of adaptive technology services, providing support to Conestoga College's other campuses. Sue Hallwood, an ICAN assistant (a staff member trained in the use of adaptive technology in order to assist others,) sees this as a problem.

"Waterloo campus is under supported, there needs to be a better system with more staff. We do well on our own and, so far, there's no real problem but that could change," said Hallwood.

Adaptive devices, according to Hallwood, are very expensive. The Pulse Pen, a device

she has been looking into that records what it writes and what is said while writing, can cost anywhere from approximately \$150 to \$200.

Despite the costs of equipment, Lyttle maintains that the only problems she sees are in the future.

"More money and staff would be nice but we aren't in desperate need ... however, if they decide not to set up another lab in Cambridge then that's going to be double the work. Then the situation may change," said Lyttle.

The lab has 10 staff members, contains nine different software and over 10 adaptive devices. It is found inside the Learning Commons, Room 2A107.

## Pumpkin Fest draws 200,000

By JAMIE REANSBURY

If you are under the age of 200, the Waterford Pumpkin Festival is the perfect place to have some free fun.

You heard right. As advertised on the Pumpkin Festival website, children are admitted free as are adults under the age of 200. The festival was held from Oct. 23 to 26 this year.

Waterford, a town of approximately 3,000 people located about an hour south of Conestoga, has hosted a pumpkin festival for the last 26 years. Over that time there have been a myriad of different activities included in the three days of festivities.

"There's something for everyone," said Ira Bilyk, a Waterford resident.

There are contests of every variety, for any sort of talent, including house decorating, business decorating, junior pumpkin Miss and Master, a float contest and a battle of the bands. This year there was a contest for designing a new Pumpkin Festival logo for the 2009 event.

Although the Waterford festival started with humble beginnings, it now attracts more than 200,000 people.

"The only downside is that I can't get to my house. I had to detour around town to get to my job," said Bilyk.

The festival provides shuttle service to the north end of town, so festival-goers can see the best spooky houses.

Other events also included a children's spook house, the pumpkin parade and a bake sale.

## HAVING THEIR CAKE AND EATING IT TOO



PHOTO BY LAURA ROUSE

There were many different companies displaying wedding cakes in many styles, flavours and prices at this year's wedding show at Bingeman's, Oct. 25 and 26. The cakes ranged in price from a couple of hundred dollars to a couple of thousand dollars.

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## HOROSCOPE

Week of November 3, 2008



**Aries**  
March 21 -  
April 19

Things might seem to start off bad at first this week. But as long as you are open to what people are saying, you should be able to figure out a creative solution to whatever is bothering you.



**Taurus**  
April 20 - May 20

You need to stay balanced this week, though it's easy to fall off the deep end if you let yourself. Though something feels so right that you don't want to stop, be aware that it is not good for you so frequently.



**Gemini**  
May 21 - June 21

Use your abundant energy to make some small, but important, changes in your family life. It's a really good time to change up schedules so more people can join in.



**Cancer**  
June 22 - July 22

Try not to just jump on any new project that comes your way as you need to make sure that you're still making progress on other stuff before you tackle any big new challenges. Put them off until next week.



**Leo**  
July 23 - August 22

You may feel the urge to yell at someone who gets in your way or insults you, but it's a much better idea to push your ego back and just let things happen.



**Virgo**  
August 23 -  
September 22

This week there are people who need you to get back in touch with them and get involved in what is going on. They will consider your input invaluable, Virgo.



**Libra**  
September 23 -  
October 22

You are feeling torn between friends and family members and aren't quite sure how to split up your energy. You may just say no to everyone and hope that you can get them all back later.



**Scorpio**  
October 23 -  
November 21

The rollercoaster ride you are on this week is just another part of the journey, Scorpio. If things get tough, rely on friends and family to keep you smiling. They are good at cheering you up.



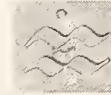
**Sagittarius**  
November 22 -  
December 21

Find some time this week to close the door, wear headphones or find some other way to shut out the outside world for a bit. Things are going well, but you need some alone time to make sense of it all.



**Capricorn**  
December 22 -  
January 19

You are facing a major decision and while you may be holding back, you have all the facts you need. Surprise everyone by moving forward.



**Aquarius**  
January 20 -  
February 18

This week your high energy is great for solving puzzles and problems like Sudoku or personal issues. Reach out to people who may be going through troubles of their own and see what you can do for them.



**Pisces**  
February 19 -  
March 20

Choose something new to do this week, even if it's minor. This is the perfect time for making decisions of all kinds, especially those that affect your future.



Louise Kaddour is a second-year journalism student holding fate in the palm of her hand.

# Lots of yuks with Sugar Sammy

By PATRICK LANSBERGEN

Sugar Sammy and Matt Billen brought laughs and tears to many watching their comedy show at Conestoga College in the Sanctuary Oct. 23.

Sam Khullar (aka Sugar Sammy) is a comedian heavy-weight according to his biography on his website. Sammy is able to speak in four languages, English, French, Punjabi and Hindi, enabling him to perform around the world.

He has also performed at the Just For Laughs

Festival, Sydney Comedy festival and Cape Town Comedy Festival.

Matt Billen, another Canadian comedian, warmed up the audience for Sammy. Billen made wisecracks about college life and its ups and downs, but only gave a brief performance.

"You guys can buy marijuana seeds legally here. I don't grow them, I just sprinkle them on other people's lawns," said Billen.

According to Sammy his comedic performance focuses on the cultural melting pot of most societies. After probing

the audience with questions, Sammy cracked joke after joke which pointed out the stereotypes in today's society.

Jenny Watson, CSI vice-president, was pleased with the turnout and reception for the show.

"Sugar Sammy was hilarious. The students loved him," she said.

He is now taking his comedy tour to Sydney, Australia on Nov. 4. Sammy has plans for a Canadian concert tour in early 2009. A list of upcoming shows can be found at his myspace profile, [www.myspace.com/sugarsammy](http://www.myspace.com/sugarsammy).



PHOTO BY PATRICK LANSBERGEN

Katherine Kenny, clockwise from left, Jenny Watson, Sheena Sonser, Sugar Sammy, Matt Billen and Will Pham, pose after Sammy's and Billen's comedy show on Oct. 23. Sugar Sammy is now on tour in Australia.

## Regurgitator wows Conestoga students

By MANDI CARTWRIGHT

Have you ever witnessed someone swallow a balloon, then swallow a nail and pop the balloon while it was inside of him?

About a hundred Conestoga students saw this in the Sanctuary on Oct. 20, when human regurgitator, Stevie Starr, visited Conestoga.

"The things that guy did was amazing," said Conestoga student Adam Cullimore.

Starr started off the show by inviting five Conestoga females to join him on stage.

He took their rings, swallowed them and then brought them back up one by one. He promised to hypnotize the student whose ring was brought up last, and said that person would later eat a live fish which he would spit into her mouth. This, of course, did not happen, as Starr admitted that he wasn't capable of hypnotizing anyone or anything.

Starr wowed the audience when he "swallowed" a can of butane, and invited another student to light a lighter which was then held in front of his mouth. As he blew air

out of his mouth, the butane ignited, shooting a large flame into the air. His hand caught fire, startling his audience.

A number of Starr's shows have involved him swallowing live fish, and spitting them out - still alive, and swallowing a Rubik's cube and spitting that back up as well.

He has performed at a number of colleges over the years, and has appeared on a number of television shows, including Jay Leno. Starr is also featured in Ripley's Believe It or Not museum in Niagara Falls.



Last year, a new pacemaker implant saved Max's life.

Now he can spend more time with his grandfather.

# Facebook is rife with fail

I hate Facebook. I hate what it has done to social dynamics, I hate how it tries to be more than what it is and I hate how it has gotten to the point of obsession for some users.

Facebook, the self-proclaimed networking tool of the 21st century, has been zeroing in on millions of people around the world since its initial creation in February 2004.

Originally limited to students attending Harvard University, it later became available to other colleges in the Ivy League. Soon it expanded to students in any university or college, then high school, then grade school, then preschool, then the womb — pushing its services to everyone and anyone in need of social notoriety.

When it first touched down on the interwebs, and was made public for the jilted generation of angst-ridden teenagers, I was lured into its warm, intoxicating glow — either that or something smeared on my monitor at the time had me in a state of disil-

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**Facebook users need to understand that cheap interaction comes with a price.**

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lusion.

Before Facebook turned into the cesspool that is it, with the incredulous amount of applications a user can shove on his or her page to make it rad, it was actually sustainable. As soon as it became an operating table for junior programmers, it became crap.

What the hell happened? Suddenly, notifications began popping up on my screen informing me that my friend Kirk had been infected with a virus and wanted to chomp into my ivory skin — to rise up into the hierarchy of dead people. I would only find that interesting if Kirk was in fact a zombie. Not two minutes after I put that into my deleted pile, I got a memo from someone I ate lunch with in Grade 5, that they had just put an Honesty Box onto their profile, requesting that I leave an anonymous comment for their enjoyment. An honesty box? If I wanted to be honest with someone, I wouldn't put my suggestion for improving their lack of personal hygiene into a box.

Then I received a virtual drink from my sister-in-law. A virtual drink? Why not get up off your ass and bring me



**Dave Smith**  
**Opinion**

something of value, such as a real drink.

Oh, I almost forgot, that is why she decided to send it in the first place, because with something as easy as Facebook, all you need is the click of a mouse and too much time on your hands to pass off your electronic galivanting as socializing!

I strongly believe that Facebook has done more damage than good when it comes to the tradition of socializing. For some, the services that Facebook provides aren't necessarily indictive of their character outside of its virtual walls — it's innocuous in nature.

Unfortunately, for others, it changes the way they act and they become dependent on it. Far too often I've witnessed people using Facebook as a means to an end. I've seen people chatting in the halls of the school, break the conversation short so they can continue it on Facebook. I can understand privacy, we all deserve our slice of the patriot act, but that?

Whatever happened to taking a walk outside? I've seen girls get emotionally distraught after their guys refuse to open an account so they can change their "relationship status." People sitting directly across from one another, in a busy library no less, chat through Facebook and communicate verbally simultaneously. A man in Britain murdered his wife and then took his own life after she changed her marital status to single. Apparently being single has some negative stigma attached to it. Anyone that needs to know about my relationship status I can tell them in person — plus, I don't want everyone to know that I cry myself to sleep at night — damn, there goes that bright idea.

Facebook users need to understand that cheap interaction comes with a price. It manipulates people into thinking that they are developing real connections with people. You can leave little notes on your friend's profile, send them a virtual smack in the ass, put up pictures of your weekend antics, such as getting blacked-out on the weekend — or Tuesdays, if that's your thing — and flash the shocker, telling everyone how important they make you feel. Would you take the time out of your busy schedule to actually spend some time with them or do they have to be one of your Top Friends for that?

# Roundabouts are crazy

Does it seem like every corner you turn isn't actually a corner? It's more like a circle of mayhem and uncertainty?

Roundabouts are to blame.

In the last two years, the Region of Waterloo has implemented 11 roundabouts on regional roads and an unknown number within the cities of Kitchener, Waterloo and Cambridge.

The first roundabout to grace the Region of Waterloo was built at Ira Needles Boulevard and Erb Street West; if you don't know where that is, it's conveniently located very close to the entrance to the Region of Waterloo waste management facility.

Since the Ira Needles/Erb West roundabout opened, the area has been a construction site for houses and stores.

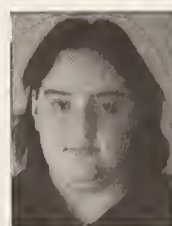
The expansion of the Westvale and Clair Creek neighbourhoods and the building of a Canadian Tire, Shoppers Drug Mart and more unknown stores have created more construction traffic and commuter traffic. The City of Waterloo has already approved plans to expand the area into a shopping centre similar to Kitchener's Sunrise Centre.

Residents of Westvale, Upper West Beechwood and Clair Creek can look forward to even more traffic and drivers who don't follow the rules of the roundabout, thus resulting in more accidents.

The Region of Waterloo roundabouts' webpage outlines driver and pedestrian safety guidelines, but not many people seem to follow them.

Drivers seem to speed up when they get to a roundabout and they rarely signal the direction they want to go. However, the website clearly states: "roundabouts have slower and more consistent speeds and have fewer conflicts than traditional intersections."

Despite the region claiming roundabouts are safer with a slower speed and fewer collisions, roundabouts prove to be troublesome for pedestrians who wish to get to the other side because cars do not stop for them. And, the



**Jessica O'Donnell**  
**Opinion**

roundabout at Ira Needles/Erb West has been the site of several collisions that range in severity; most recently a vehicle was pushed into the centre island by another vehicle. No one was injured, but the car sustained considerable damage.

It seems that drivers don't like the size of roundabouts either.

The Ira Needles/Erb West roundabout is apparently two lanes, but when you're driving and a garbage truck or bus is on the roundabout there is only one lane. Even with two normal-sized cars, the two lanes are tight and with the other driver likely not knowing how to use the roundabout, it's safest to wait for the next opening.

The newest member of the roundabout family is at the crossing of Margaret Avenue and Union Street.

Unlike Ira Needles/Erb West, this roundabout is meant to be a one-lane, mountable roundabout. This type of roundabout has a small

curb that can be driven over if necessary.

Margaret Avenue is often busy with cross-town traffic and the number eight bus, resulting in this new roundabout being too small. I predict numerous accidents in the future.

The City of Cambridge is planning to add several more roundabouts to its family. Franklin Boulevard may soon be home to numerous new roundabouts, designed similar to Ira Needles Boulevard which currently boasts six consecutive roundabouts. Who knows how many more roundabouts are planned for the region. I feel there's already too many.

While roundabouts are proven to work in the United Kingdom, France and other European countries, the use of roundabouts in Canada has yet to prove necessary or even logical.

I'm sure they are more environmentally-friendly and reduce driving speed, but at what cost? Countless accidents involving cars and pedestrians?

Perhaps, it would be more logical to institute a traffic system where drivers actually follow the rules and know how to signal before we implement complicated and frustrating roundabouts.

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AUTUMN FRENZY AT ST. JACOBS AND THE APPLE FARM



PHOTO BY PATRICK LANSBERGEN

It's the perfect time of year to experience the St. Jacob's Farmers Market. With the harvest in you can get the freshest foods.



PHOTO BY LAURA ROUSE

A vendor sells many different kinds of homemade jams and jellies inside the St. Jacob's Farmers Market.



PHOTO BY LAURA ROUSE

Outdoor vendors at the market sell winter clothing.



PHOTO BY KAITLYN HEARD

Apple orchards are very popular at this time of year. Eager apple-lovers flock to pick the delicious fruit fresh from the tree. Rae's Farm in the Halton area attracts many people. After a tractor ride into the orchard, an apple picker can go home with a bag of apples for only \$10.



PHOTO BY LOUISE KADDOUR

Scouts Willow and Ben of the 1st Waterloo troop hand out apples outside of the Saturday and Sunday market in St. Jacobs on Oct. 18. Donations received from the public go directly to scout groups to help offset the costs of camping and educational programs. The first Apple Day took place in Saint John, N.B. on January 30, 1932. Despite the rain, over 21,000 apples were handed out. Since then, Apple Day has become one of the most recognized fall activities.